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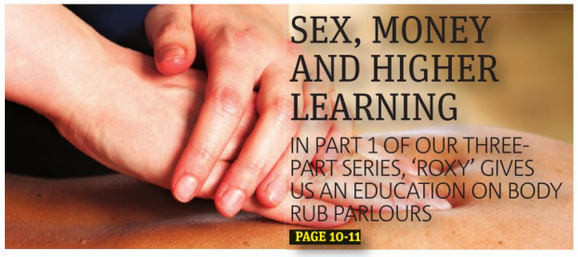

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IN PART 1 OF OUR THREE-PART SERIES, 'ROXY' GIVES US AN EDUCATION ON BODY RUB PARLOURS

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Police sharing Ontario suicide attempts with U.S.

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Ontario Liberals promise $29 billion over 10 years for new infrastructure in the province

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Ottawa family torn apart

Shell-shocked. Mother dead, her husband charged with first-degree murder, and three children separated from their parents

JOE LOFARO
joe.lofaro@metronews.ca

Police have charged Bhupinderpal Gill with first-degree murder in the Jan. 29 death of his wife, Jagtar Gill, but his lawyer says he has a good shot at getting out on bail and getting back to work.

His family, meanwhile, is shell-shocked by the charges and the arrest of Gill's neighbour and co-worker Gurpreet Ronald, who is also accused of first-degree murder in the killing.

Gill's lawyer, Rob McGowan, told reporters he believes his client is in a good position to get bail and possibly go back to work. Both Gill and Ronald are scheduled to appear in court on Wednesday.

"The question is whether he's going to go back to work. Right now at this stage I'd say why wouldn't he?" said McGowan.

"He gets that it's a big deal in the Sikh community, there's no question about that. He's just calm and understands that things have to unravel in the fullness of time."

Bhupinderpal, an OC Transpo driver, showed no emotion when he made a brief court appearance Monday wearing a blue-and-white jacket.

He wore the same jacket when he came to the courthouse last week to see Ronald, 34, make a similar court appearance.

The case has shocked Ottawa's Sikh community and separated three young children from their parents, leaving Jagtar's relatives questioning who will care for the children in the long term and how people they thought they knew could be accused of something so awful.

Ajit Singh, father of homicide victim Jagtar Gill, wipes tears from his eyes as he leaves the Ottawa courthouse after seeing his son-in-law, Bhupinderpal Gill, charged with first-degree murder in the killing. JOE LOFARO/METRO

"As a family member, who can do these things?" said Kulwinder Sidhu, Jagtar's brother-in-law, outside the Ottawa courthouse Monday. "It's so sad."

"We are here for justice," he added.

Sidhu also works at OC Transpo. He said he often saw the two accused socializing at work. Some in the Sikh community allege they had a romantic relationship.

He told Metro Monday that he confronted Bhupinderpal on Friday, asking him if he had any involvement in Jagtar's killing.

"He denied it."

With court appearances just five days apart, it was too much for Jagtar's family to bear alone. More than a dozen friends and members of the Sikh community supported the victim's emotional family.

Jagtar's father, Ajit Singh, left the courthouse in tears with a crowd of supporters behind him.

Despite the circumstances, Jagtar's brother, Sadnam Mann, said the family is feeling "good," and relieved that there is a sense of some closure. He also thanked police for their work on the case over the past two months.

Jagtar was 43 when she died. Her family says Jan. 29 was her 17th wedding anniversary.

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Jason Spezza

Will captain remain at the helm?

The first question the Ottawa Senators will have to answer in the off-season is a big one: Will the team's captain Jason Spezza remain the face of the franchise or will the team start building a new identity?

Spezza has one year left on his contract before becoming a free agent next summer, and with this year's disappointing season now over and the Senators missing the playoffs, management will now have to look within to decide who stays and who goes.

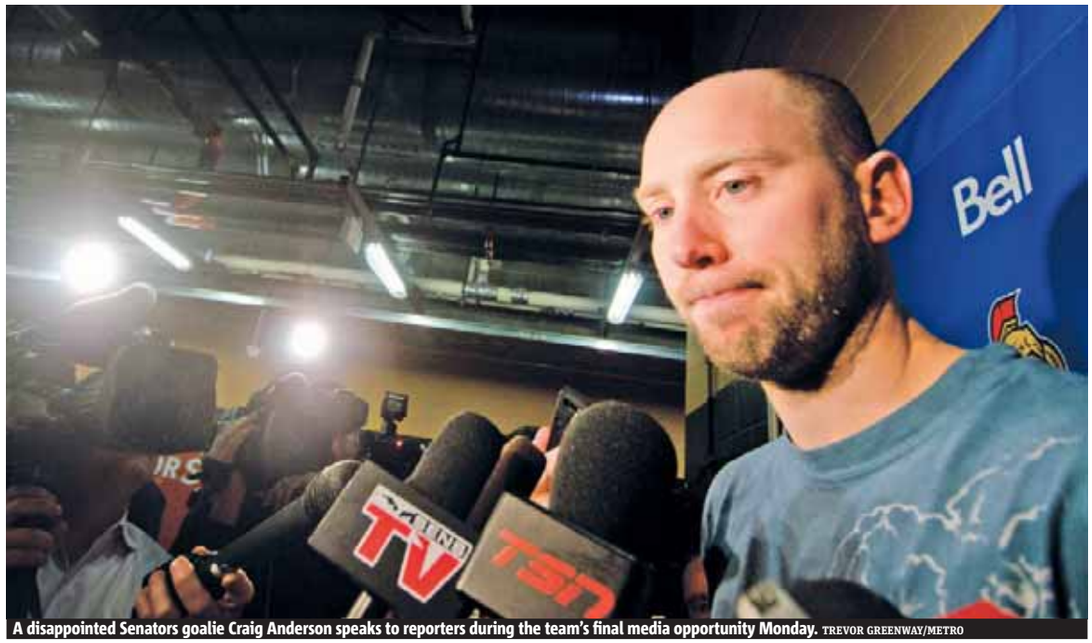
"When you don't have success, you expect more changes. Whether you are part of the changes or not, you don't know, but there are things to build off of here as an organization," Spezza told reporters at the Canadian Tire Centre, as players cleaned out their lockers.

Pressed on whether he wants to stay, the No. 1 centre's "No, I do" wasn't very convincing.

Spezza isn't the only key player whose contract is expiring. A handful of core players — Marc Methot, Clarke MacArthur, Bobby Ryan and Craig Anderson — all have just one year left on their contracts.

TREVOR GREENWAY/METRO

Sens captain Jason Spezza
TREVOR GREENWAY/METRO



A disappointed Senators goalie Craig Anderson speaks to reporters during the team's final media opportunity Monday. TREVOR GREENWAY/METRO

Sens plagued with inconsistency: Players

The season of our discontent. Captain says team 'underachieved'

TREVOR GREENWAY
trevor.greenway@metronews.ca

The Ottawa Senators spent Monday packing up their gear and booking tee times instead of preparing for the NHL playoffs, as 16 other teams are doing.

After upsetting the Montreal Canadiens in the first round of the playoffs last year, fans had high hopes for the team heading into the 2013-14 season, but the Sens faltered, finishing 11th in the Eastern Conference and missing the final wild-card spot by four points.

So what happened to the season that was supposed to be? If you ask the players, it was a problem with consistency.

"We just didn't come together as quickly as we needed to on a consistent basis," said starting goalie Craig Anderson during the team's final media scrum Monday. "We showed flashes of playing really good hockey and being a playoff team, but then, some nights, the consistency just wasn't there."

Captain Jason Spezza wasn't happy about clearing out the locker room, but told reporters that there are no excuses for the Senators' shortcomings this year. He said the team had every opportunity to make the post-season, but it "underachieved."

"I think there is inexperience in this club," he said. "We don't have a lot of veteran guys who have been through it for a long time and played a lot of games, but we had enough. There is no excuses to why we couldn't right the ship at times when it was going bad."

TSN 1200 host Steve Lloyd told Metro that last year's playoff run was the product of "elite-level goaltending" that didn't quite materialize into the same success this season. He didn't blame this year's poor season on goaltending, but said it was the team's saving grace last year.

"They had elite-level goaltending, whether it was Anderson, whether it was (Ben) Bishop, whether it was (Robin) Lehner — their goaltending was outstanding and it covered up a lot of mistakes," said Lloyd.

"They got average goaltending for the most part this season."

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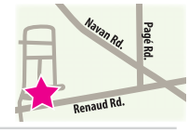

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Wynne promises $29B over 10 years for transit

Pushing the transit plan. But details on how to pay for it still to come in budget

The governing Liberals are promising to pave the way for $29 billion to be spent on new transit and transportation infrastructure in Ontario over the next decade, but they aren't rolling out the entire blueprint yet.

Some of the money will come from re-routing about $1.3 billion a year in gas taxes, Premier Kathleen Wynne said Monday. The remainder will be raised through debt — including green bonds — and new "revenue tools" that will be kept under wraps until the budget is tabled.

The fiscal plan could make or break the minority Liberals, who need at least one of the opposition parties to support it if they want to avoid an election.

"We need a partner to put our plan in place," Wynne said in a lunch speech to the Toronto Regional Board of Trade.

"That partner could be the Progressive Conservatives, it could be the NDP or, if necessary, the voting public."

But Wynne wasn't in a cajoling mood, saying the Tories would be "robbing Peter to pay Paul" by cancelling rural and northern projects to fund Toronto subways and dismissing the NDP as having no plan at all.

Wynne said she would divide $29 billion into two dedicated funds: $15 billion to build public transit in the Toronto-Hamilton area and $14 billion for transportation infrastructure — including roads and bridges — in the rest of the province.

Instead of hiking fuel taxes, Wynne said she would detour the provincial portion of the gas tax — about $1.2 billion annually — to the two funds rather than the main government coffers.

Municipalities would still get the two cents per litre — about $320 million — they currently receive for transit projects, she said.

Ontario's portion of the HST that's collected on gas taxes, which amounts to about $130 million a year, would also be re-directed to the funds, she said.

But that leaves a $1.3-billion annual hole in the province's general revenues. And it's not nearly enough money to fulfil her 10-year pledge to build transit, roads and bridges across the province.

It also bucks recommendations from Metrolinx, the provincial transit authority, and a government-appointed panel that was paid about $90,000 last year to whittle down options to fund public transit.

Premier Kathleen Wynne and Minister of Infrastructure Glen Murray ride the subway in Toronto en route to an announcement of funding for transportation projects in Ontario. DARREN CALABRESE/THE CANADIAN PRESS

Wynne wouldn't say how the Liberals — who are already facing a $11.3-billion deficit, lower-than-forecast revenues and weak economic growth over the next 20 years — would fill that gap.

"That's the part that you're going to have to wait for the budget for, because all of the pieces will fit together," she said.

THE CANADIAN PRESS

Budget

The plan

The Liberals say their budget will show how programs currently funded by gas taxes will continue, as well as new levies to raise the rest of the money that's needed for transit and transportation infrastructure over the next 10 years.

Wynne has ruled out hikes on gas taxes, HST or income taxes on middle-income earners, which the government defined in its recent economic outlook as workers making between $25,000 and $75,000 a year.

Ontario has shares in General Motors — purchased during the recession — that it could sell to build new infrastructure, Wynne said.

THE CANADIAN PRESS

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Transit project to help Ottawa light-rail goals

Ottawa Mayor Jim Watson says he is thrilled with Ontario Premier Kathleen Wynne's $29-billion transit plan, especially since phase two of the city's light-rail project will benefit from the cash.

Wynne announced the funding Monday, saying that $15 billion will go to the Greater Toronto and Hamilton Area, with the other $14 billion filtering through the rest of the province, including Ottawa.

"I am very pleased with Premier Wynne's comments today that the second phase of Ottawa's light rail plan will be a priority for the Government of Ontario," Watson said in a statement.

"The second phase of light rail would add 35 kilometres of new rail and 19 new stations, bringing 65 per cent of Ottawa residents within five kilometres of light rail. If provincial and federal funding can be secured in the next few years, we would work together to extend rail west to Bayshore and Baseline, east to Place d'Orléans and south to Riverside South."

Wynne's transportation plan will roll out over the next 10 years, with the funds coming in via redirected gas taxes and new green bonds.

TREVOR GREENWAY/METRO

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Leaving on a (very expensive) jet plane. RCMP selling luxury aircraft for $2.5M

Looking for an eight-seater plane with a mini-fridge and wooden tables? Got a couple million dollars to spare?

The RCMP may have what you're looking for.

The GCSurplus website has posted a 2003 Piaggio Avanti P180 aircraft at a minimum bidding price of $2.5 million.

According to Cpl. David Falls, the Air Services retired the plane on April 1 to "realize financial efficiencies." It had been previously used for "long-range flight" in Ottawa, he said in an email.

The plane's sale will have "limited effect" on police operations because they can use other aircraft in the RCMP fleet or via commercial services.

This RCMP plane is for sale for a minimum bid of $2.5 million. GCSURPLUS.COM

The RCMP in Whitehorse also recently sold a 1971 De-Havilland Twin Otter plane for about $2.8 million.

The GCSurplus website sells movable assets from different government departments or border seizures including electronics, office equipment, jewelry, cars and even ships. It has eight warehouses and 10 offices across the country.

In 2011, GCSurplus pulled in $3.2 million on seized assets alone, according to its website.

Bidding on the Piaggio closes May 1. LUCY SHOLEY/METRO

Libris Awards. Ottawa author Charlotte Grey and local bookstore longlisted

When Charlotte Gray moved to Canada in 1979, the history buff started searching for good books on the olden days of this country.

She found there weren't any. So the U.K. native started writing.

Now living in Ottawa, Gray has been longlisted for the 2014 Libris Awards, both in the Author of the Year and Non-Fiction Book of the Year categories for her latest work, The Massey Murder, about an immigrant maid who shot and killed one of the wealthiest men in Canada.

Margaret Atwood, Chris Hadfield and Joseph Boyden are also nominees. They were selected by booksellers across the country, who also vote on the top editors and distributors for the Libris Awards.

"It's a real honour that out of all the books on their shelves, that mine is one of the ones that they picked out," she said from New York, where she has joined her husband George Anderson as he completes a visiting fellowship at New York University's law school. She's working on her next book, which is due out in bookstores the day before Canada's 150th anniversary.

Perfect Books on Elgin Street has also been nominated in the Bookseller of the Year category.

Jim Sherman, the owner and manager of the bookstore for the past five years, said he felt a "really nice sense of shock" when he found out he was up against other big-name independent booksellers like McNally Robinson.

While many independent bookstores across the country have closed under competition from online sales over the past few years, Sherman said Perfect Books is flourishing due to urban growth and his "terrific" five staff members.

The shortlist for the Libris Awards is coming out this month and the winners will be announced at a gala on June 2. LUCY SHOLEY/METRO

Ottawa author Charlotte Gray
MICHELLE VALBERG/CONTRIBUTED

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Carleton University student Zoe Krug designed this wheelchair for mothers in Uganda with disabilities. LUCY SCHOLEY/METRO

Carleton students use innovation to help Ugandans

Positive prototypes. Industrial design students fine-tune tricycle wheelchairs for Ugandans with disabilities

LUCY SCHOLEY
lucy.scholey@metronews.ca

Zoe Krug's hand-powered tricycle looks like a beefed-up wheelchair.

The Carleton University industrial design student is hoping the contraption will make it easier for mothers in Uganda with disabilities to make trips to the market with their children.

"They don't have to sacrifice bringing their child with them just because they have a disability," she said while standing beside the wheelchair that's complete with a second seat for a baby carrier and a third, hand-pedalled wheel on the front.

Krug's design is one of several in a special program at the university's School of Industrial Design.

One student fine-tuned a hand-pedalled tricycle — a common vehicle for people with disabilities — to make it easier to navigate rough terrain. A peanut sheller and a rolling garden chair for collecting vegetables could also help generate more income for Ugandans who are unable to go back to work.

The school has partnered with CanUgan, which supports people with disabilities in the Kasese District of western Uganda, and the projects are funded by the International Development Research Centre (IDRC).

After researching and pitching their ideas, the students travelled to Uganda with their prototypes to test and generate feedback from locals.

"The philosophy is that you can design with these people, using their entrepreneurial powers and understanding of what they need, so that you can bring a bit of design expertise into that," said Bjarki Hallgrimsson, associate professor in Carleton's industrial design program. "By working with these people, you can come up with new, innovative solutions."

According to the International Labour Organization, about five million Ugandans have some sort of disability. Land-mine injuries or untreated polio are said to be common causes.

Quoted

"By working with these people, you can come up with new, innovative solutions."

Bjarki Hallgrimsson, associate professor in Carleton's industrial design program, on creating practical tools to help Ugandans with disabilities

Ontario suicide attempts shared with U.S. officials

Special report. Province's privacy watchdog blasts police for handing sensitive mental health info over to Americans

Ontario's privacy watchdog issued a special report Monday demanding police stop sharing information about suicide attempts with U.S. officials, who used the mental health data to block at least four Canadians from entering the United States.

"I found it so unnerving to think about the humiliation and embarrassment that an individual would feel upon arriving at the airport and being denied entry into the United States because they learned from a U.S. border crossing official that they had access to their highly sensitive personal information about a past suicide attempt," said Information and Privacy Commissioner Ann Cavoukian. "Can you imagine?"

The Canadian Mental Health Association said Cavoukian's report highlights "significant grey areas" in terms of police reporting on suicides, and called for more study about the disclosure of police records.

"Mental health police records are not criminal records and should not be treated as such," said the association's Ontario CEO, Camile Quenneville. "Standardizing the protocol for disclosure would be welcome." THE CANADIAN PRESS

Quoted

"There is nowhere that we found where there's any mandatory obligation on the part of CPIC to say you have to disclose this information. That's nonsense. It doesn't exist." Information and Privacy Commissioner Ann Cavoukian, saying there is no legal requirement that suicide attempts be entered into the Canadian Police Information Centre database, which is shared with American officials.

Stop, look, listen: I think I spy a possible new Banksy piece

A new street art piece appeared in Cheltenham, England, on Monday, leaving many to suspect street artist Banksy has struck again, leaving an espionage-themed piece in the hometown of Britain's electronic spy agency. The piece depicts three figures in trench coats snooping on a telephone booth. Cheltenham is home to GCHQ, Britain's electronic eavesdropping agency, which found itself in the spotlight after some of its covert activities were revealed by former NSA contractor Edward Snowden. BEN BIRCHALL/THE ASSOCIATED PRESS

Lev Tahor. Judge rules kids from ultra-orthodox group can remain in Ontario

A judge in Ontario has ordered that a group of children in an ultra-orthodox Jewish sect do not have to be sent back to Quebec.

The 13 children are part of a group known as Lev Tahor that left Quebec late last year amid a child protection case and settled in Chatham, Ont.

An earlier court decision ruled in favour of a Quebec court decision ordering the children into care there. But today Ontario Superior Court Judge Lynda Templeton overturned it.

She ruled that the Children's Aid Society in Chatham will continue to investigate the families and the matter will now go to provincial court to determine whether the children are in need of protection.

Avoiding upheaval

Judge Templeton says in her decision that to put further upheaval in the children's lives by sending them back to Quebec would have "disastrous" emotional consequences, and they should not bear the consequences of their parents' flight.

Seven of the children were placed in care last month after Templeton issued an emergency order because the families fled the country ahead of the appeal hearing, while the other six are believed to still be in Guatemala. THE CANADIAN PRESS

Books. Would-be censors want Captain Underpants yanked down — off shelves

The potty humour of Captain Underpants and the mature exploration of race and family violence by Toni Morrison in The Bluest Eye would seem to have little in common.

But among some parents, educators and others, the works are just too offensive and should be restricted or removed from library shelves.

The American Library Association published its annual State of the Libraries report Sunday, which included its list of works most frequently "challenged" at schools and libraries.

Dav Pilkey's bestselling Captain Underpants series topped the list. The reasons cited included "offensive language" and material unsuited for its targeted age group.

The Bluest Eye, Morrison's first novel, was runner-up, also criticized for language, along with violence and sexual content. THE ASSOCIATED PRESS

'S' size, 'XL' voice

"Of course, only a tiny percentage of adults are complaining. Kids love the books, and fortunately most parents and educators do, too."

Dav Pilkey, author and illustrator of the Captain Underpants series of books

Prosecution keeps the pressure on Pistorius

Oscar Pistorius in Pretoria, South Africa, Monday. THE ASSOCIATED PRESS

Oscar Pistorius came under intense pressure Monday at his murder trial from the chief prosecutor, who dismissed his account of how he killed girlfriend Reeva Steenkamp as a flimsy web of lies and accused the Olympian of staging emotional outbursts.

Pistorius struggled to explain alleged inconsistencies in his testimony and broke down sobbing on two occasions, forcing the judge to temporarily halt proceedings.

Prosecutor Gerrie Nel said the athlete was frantically trying to shore up a fabricated story. "You're getting frustrated because your version is improbable," Nel said. "You're not using your emotional state as an escape, are you?"

Pistorius said he wasn't in a "rational frame of mind" at the time of the shooting in his home in the early hours of February 2013. THE ASSOCIATED PRESS

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Accused woman says she killed six of her newborns

Utah. She told police that she wrapped the bodies up and left them in boxes

Authorities say a U.S. woman accused of killing six babies she gave birth to over a period of 10 years told investigators that she either strangled or suffocated the children and then put them inside boxes in her garage.

According to a statement released by police Monday, Megan Huntsman said that between 1996 and 2006, she gave birth to at least seven babies at her home and all but one of them were born alive.

Huntsman, 39, said she killed them immediately after they were born, and put their bodies inside boxes. She said each baby was wrapped in either a towel or a shirt, and placed in a plastic bag.

Huntsman is being held on $6 million bail — $1 million for each baby she is accused of killing.

Huntsman was arrested Sunday on six counts of murder after police found the infants' bodies. A seventh baby found appears to have been stillborn, Utah County Attorney Jeffrey Buhman said. Formal charges have not yet been filed against Huntsman, and Buhman said the investigation remains open.

Police Capt. Michael Roberts said officers responded to a call from Hunstman's estranged husband, who found the first body. Neighbours identified him as Darren West.

Investigators believe West and Huntsman were together when the babies were born, but don't believe he was aware of the killings. Huntsman also has three daughters who lived at the house. THE ASSOCIATED PRESS

Authorities investigate a crime scene at a house in Pleasant Grove, Utah, on Sunday. According to police, seven dead infants were found in the former home of Megan Huntsman, 39. MARK JOHNSTON/THE ASSOCIATED PRESS

Psychology

Women who kill their kids

Most women who kill their children do so by neglect and/or on purpose, said Cheryl Meyer, a psychology professor at Ohio's Wright State University.

Meyer said another common category is the "concealer," a woman who hides or denies her pregnancy and then seeks to dispose of the baby.

The concealers are typically teenagers who get pregnant, are scared and don't want to tell their parents, said Meyer. "They're not 30-year-old women who can go have an abortion."

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Halifax. Police say teens boys not facing 'run-of-the-mill charges'

The head of the Halifax integrated vice unit says the case involving two young men and a laundry list of criminal charges is one that makes cops "stand back and take note."

Doreze Marvin Beals and Andre Jerome Gray appeared in Dartmouth provincial court Monday, facing charges that include human trafficking, kidnapping, sexual assault and gang sexual assault.

The two 18-year-olds were arrested after RCMP say a 15-year-old girl was held against her will in a North Preston home and sexually assaulted.

"Those are not your run-of-the-mill charges," said Det. Andrew Matthews. "We take them very seriously."

Police were called to North Preston for a reports of shots fired at a home on Clarence Street just before 9 p.m. April 10.

They found the young victim, who told police she'd been held in the basement of another home on the street for two days before she'd escaped.

One of the two suspects was arrested in the area Thursday evening. The second was arrested later in Windsor.

Matthews said investigators are considering the possibility the girl was going to be forced into prostitution.

He added that it's possible the two accused weren't acting alone.

"That is one of the elements of the human trafficking (charge)," he said.

"I think due to the nature of the charges, with human trafficking, I think police have to look at the possibility that there is a network involved."

Matthews said it's very early in the investigation, and it's not clear whether more charges will be laid.

He said one of the most striking aspects of the case is the young age of not only the victim, but the two accused.

"That's tragic too," Matthews said.

RUTH DAVENPORT/METRO IN HALIFAX

The accused

Doreze Marvin Beals and Andre Jerome Gray are scheduled to appear in Dartmouth provincial court on Wednesday morning for a bail hearing.

France

Police testing all males at school for rape-case DNA

French investigators began taking DNA samples Monday from 527 male students and staff at Fenelon-Notre Dame high school as they searched for the assailant who raped a teenage girl on campus.

Prosecutor Isabelle Pagenelle said the choice is simple. "Either I file it away and wait for a match in what could be several years, or I go looking for the match myself."

THE ASSOCIATED PRESS

Bolivia

Villagers send two men to hospital after alleged thefts

Bolivian authorities say Amazon villagers nearly killed two young men after tying them to a tree swarming with venomous ants in retaliation for the men allegedly stealing three motorcycles. Dr. Roberto Paz said one remained in intensive care while the other suffered kidney failure.

THE ASSOCIATED PRESS

Bloodiest terrorist attack ever in Abuja

Nigeria. President blames Islamic extremists; one official said the bomb was buried in the ground; others said in a vehicle

The scene of a massive terrorist explosion at a bus park in Abuja, Nigeria, Monday. GBEMIGA OLAMIKAN/THE ASSOCIATED PRESS

A massive explosion ripped through a bus station during the morning rush hour in Nigeria's capital, killing at least 71 people and wounding 124 in a bombing that marked the bloodiest terrorist attack ever in Abuja.

President Goodluck Jonathan visited the scene and blamed Boko Haram, an Islamic extremist group, which operates in the northeast of Nigeria and which has been threatening to attack Nigeria's capital. One official said he believed the bomb was buried in the earth while the emergency management agency said the explosives were apparently hidden in a vehicle.

The blast destroyed 16 luxury buses and 24 minibuses and cars, said police spokesman Frank Mba, who gave the death toll.

Survivors screamed in anguish and the stench of burning fuel and flesh hung over the site where billows of black smoke rose as firefighters worked to put out the fires. Reporters saw rescue workers and police gathering body parts as ambulances rushed the wounded to the hospitals.

THE ASSOCIATED PRESS

'Ibrahim.' Dutch cops arrest a teenage girl for alleged tweeted threat

Police in the Netherlands have arrested a 14-year-old girl on suspicion of threatening American Airlines in a tweet.

Police spokesman Roland Ekkers said the girl, who has not been identified for privacy reasons, turned herself in to Rotterdam police in the company of a parent Monday and is now being interrogated.

The tweet posted Sunday said it came from an al-Qaida member in Afghanistan named Ibrahim and threatened to "do something really big on June 1." But the account's handle came with the nickname Sarah and a profile image of a young woman.

Apologetic tweets were posted to the account after the airline replied it was taking the threat seriously and calling in law enforcement.

Ekkers said the motive for the tweet is not yet known.

THE ASSOCIATED PRESS

Alberta to Iran

Firm charged with exporting prohibited product

RCMP have charged an Alberta company for shipping a product to Iran that could be used in nuclear applications.

Lee Specialties Ltd. of Red Deer faces charges under the Special Economic Measures Act, the Customs Act and the United Nations Act.

The investigation began three years ago after Canadian border officers intercepted Viton O-rings from a cargo shipment at the Calgary airport that was destined for Iran. Viton is a brand of synthetic rubber that can resist high temperatures and chemicals.

THE CANADIAN PRESS

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Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.

Massaging the law

Edmonton massage parlour worker Elizabeth says she and her sex-working alter ego "Roxy" are "two very different people." STEPHANIE DUBOIS/METRO

Walk down the streets of any large Canadian urban centre, and you will come across that ubiquitous flashing neon sign advertising "massage." Inside, the masseuses may offer a lot more. In light of the void in sex-for-sale legislation, Metro Canada is taking a look at what the current climate means for massage parlours.

In this three-part series, we talk to some of the people directly and indirectly involved in Edmonton's 42 body rub parlours.

Over the next three days, Metro will share the stories of the women who work in the establishments, the people who own them, the people who regulate them and the people who use them.

STEPHANIE DUBOIS
Metro in Edmonton

It's a regular evening and a client has just walked into the massage parlour where Elizabeth — who introduces herself as Roxy — works.

Wearing a seductive dress, she greets the client by first introducing herself and asking him if he is interested in her, or would prefer meeting one of her co-workers.

If Roxy — she specializes in domination, fetishes and fantasies — is chosen by the client, she will take the man into one of the rooms to discuss the details of his experience, as well as pricing.

Roxy is chosen.

After hopping into the shower for a quick wash, Roxy starts massaging her client. Like most of her work appointments, it leads to sexual services both she and her client both agree to.

"We offer anything from hand jobs, blow jobs to sex. Every girl offers different stuff," Elizabeth said.

The part-time political science student at the University of Alberta says that in Edmonton, some of the women working in the sex industry have started offering a popular service called "the girlfriend experience," when clients are able to kiss and perform oral sex on the masseuses.

"I refuse to do that because of STIs and, unfortunately or fortunately, I don't know, it's the big seller right now in Edmonton," she said.

Working in the sex industry in Edmonton was never something Elizabeth said she imagined for herself. She first became a sex worker while travelling in Australia. When she ran out of money, she asked a friend working as a bouncer for job recommendations. Unbeknownst to Elizabeth, her friend sent her to a bawdy house.

"I walked into a brothel with a resumé — which was entertaining in hindsight. I wondered, 'Why are there girls in skimpy dresses everywhere?'" Elizabeth remembers wondering.

She ended up working as a receptionist at the brothel, where she greeted clients and offered drinks. After moving to Brisbane and running out of money again, she turned to a nearby brothel looking for a similar job. Instead, she was asked if she wanted to be a "working girl".

"I thought, 'Well, I could live in a hostel for two days, then I'll be broke and sleeping on the beach, or I could do this. Everyone said it's like having a one-night stand, so I started working," she said.

Working on and off in the industry in both Australia and Canada for four years, Elizabeth estimates she has slept with over 1,000 men during her time as a sex worker. Her income: An average of $4,000 to $5,000 a month.

"It's never been stable. I can't do it for more than four to six months before I need something mentally stimulating," she said.

Practising yoga and watching cartoons like Sleeping Beauty are just some of the ways Elizabeth disconnects from her clients and her work in order to stay mentally healthy.

Currently single and still pursuing her political science degree, Elizabeth plans to leave the business that helps her pay the bills and also helps her gain a better appreciation for true love-making.

"It's a very special thing when you find somebody. What I do at work is not what I do at home. What I do at work is like riding a bicycle or those last three blocks when you drive home. You're not really there, you're just going through the motions. That's exactly what I do at work," she said.

"The vast majority is an act. It's step one, step two, step three. I'm thinking about my grocery list, I'm thinking about what I'm going to do with the money I just made. When I'm at work I'm Roxy, I'm not Elizabeth. They're two very different people."

Limit to her 'love'

"What I do at work is not what I do at home. What I do at work is like riding a bicycle.... You're not really there, you're just going through the motions."

Edmonton massage parlour worker Elizabeth, who goes by the working name "Roxy"

Anatomy of a client

Elizabeth, a.k.a. Roxy, said her clients generally fit into three different categories.

- **Client 1.** "They either have physical deformities: so missing a leg, blind, deaf, not stunningly attractive and would have a hard time picking up at the bar.
- **Client 2.** "The second group is working the trades. They work up north, have a ton of money but they don't have a lot of time for a girlfriend."
- **Client 3.** "My third group is 'bored with wife, bored with life.' They're middle-aged to slightly older, bored with the wife, work well-paying jobs ... business suits, white collars."

Why Edmonton?

For several years Edmonton has been actively regulating its parlours — where sex is discretely on sale — by instituting regulations on where they can be located and how they must have at least two employees at the establishment at all times. While the federal government aims to redraft the country's prostitution laws, Edmonton's 42 body rub parlours continue to operate from 7 a.m. to 11 p.m., seven days a week, making the city an interesting case study on prostitution's current legal grey zone.

This image was created using some of the words and phrases commonly found on signs and ads for massage parlours. METRO

Massage parlour owner Sara says she creates personal bonds with her clients beyond the sex acts she performs on them. ISTOCK IMAGE

Parlour owner loves job, 'not because of the sex'

Next in the series

Tomorrow

When it comes to managing massage parlours in the city, Edmonton seems to be ahead of the curve. We examine how it regulates these establishments and how it offers a class massage parlour workers need to take. We also ask massage therapists what they think of body rub establishments.

Thursday

We talk to one man who visits Edmonton's massage parlours and why he thinks it's cheaper than dating. We'll also print some of your comments about this series.

Labour of love. After 20-plus years in the business, Sara's work is about more than the seven-minute deed

As the co-owner of a massage parlour located in central Edmonton, Sara considers her workplace relatively safe. Licensed and staffed with a minimum of two girls for every shift, her business provides a range of sexual services.

While she specializes in the "cougar" and "very curvy" niches, the massage parlour offers a range of women of all shapes and sizes for its clients.

Sara has been part of the sex industry for more than two decades. Today she co-owns the massage parlour and also works as an escort.

Sara said her busiest time is during the day, especially lunch time — when clients can escape from work for a visit.

The women typically work three to four shifts per week, Sara said, adding the length of the shift can range each day.

The sex industry is a passion of Sara's, and while the future is uncertain due to the Supreme Court of Canada decision, she hopes the industry will continue to grow.

"I love my job and it's not because of the sex. The deed takes seven minutes but you're with them for half an hour," she said. "I often think I live vicariously through them."

Editor's note: Sara's name has been changed to protect her identity.

STEPHANIE DUBOIS/
METRO IN EDMONTON

From 'wench' to reporter

When she was in her early 20s, the Toronto Star's Rosie DiManno had a brief encounter with a body rub parlour. Go to metronews.ca to read her 2011 column chronicling her experience and insight.

- **What do you think?** Parlours can be found across Canada, maybe even close to your home. Visit metronews.ca/features/massage-parlours to give us your thoughts on these businesses, their workers and those who visit them and follow @metropicks to tell us what you think about body rub parlours.

Market Minute

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Damage control

Top PR, HR execs out amid crisis at GM

General Motors is replacing the executives in charge of communications and human resources as it struggles with a string of embarrassing recalls that have led to congressional hearings and federal investigations.

Communications chief Selim Bingol and human resources head Melissa Howell are leaving the company, the company said in a statement.

GM is in the midst of a crisis over safety of some of its older-model vehicles, including 2.6 million small cars worldwide that have been recalled to replace faulty ignition switches.

THE ASSOCIATED PRESS

Spyware

German Aerospace Center target of espionage attack

The German Aerospace Center says it was the target of a suspected espionage attack for several months.

The research centre on Monday confirmed a report by German magazine Der Spiegel and said it had asked the national cyber defence centre to investigate the attack.

A spokesperson, who declined to give a name in line with the company's policy, confirmed that several computers used by scientists and system administrators had been infiltrated by spyware.

THE ASSOCIATED PRESS

Stolen SIN's are 'tip of the iceberg'

Expert. Heartbleed bug likely the 'largest flaw' ever to hit the Internet

The fallout from the Heartbleed bug could go far beyond just 900 social insurance numbers compromised at the Canada Revenue agency.

Alberta computer security expert John Zabiuk suspects there's a wave of problems coming.

"Right now, we're just seeing the tip of the iceberg," he said. "This is probably the largest flaw that's hit the Internet in history."

Zabiuk is with the Northern Alberta Institute of Technology in Edmonton, where, as an ethical hacker, he teaches students to protect computer systems by approaching the problem from a hacker's perspective.

The revenue agency says it's analyzing data to determine what else might have been siphoned out. Zabiuk says officials are likely to discover a much bigger cache of information has been compromised.

"Realistically, with over two-thirds of all servers compromised online with this vulnerability, we're going to be seeing a lot more fallout from this," he said.

THE CANADIAN PRESS

BlackBerry Messenger

BlackBerry says Apple iPhones and Android devices running chat software BlackBerry Messenger face an "extremely small" risk from the Heartbleed software bug.

- The bug is caused by a flaw in OpenSSL software, which is commonly used on the Internet to provide security and privacy.

Uber aims to hail customers in Asia

Taxi cabs stand at a parking lot at the airport in Mumbai, India. Taxi-hailing smartphone app Uber is making a big push into Asia with the company starting operations in 18 cities in Asia and the South Pacific including Seoul, Shanghai, Bangkok, Hong Kong and five Indian cities in the last year.

RAJANISH KAKADE/THE ASSOCIATED PRESS

Study. iPhone's smaller size makes it a big hit

Samsung's new Galaxy S5 smartphone is more durable than last year's model and other leading Android phones, but the iPhone 5s outperformed all of them in part because of its smaller size, a new study finds.

The iPhone 5S won points for being just 4 inches diagonally, compared with about 5 inches for the Android phones.

THE ASSOCIATED PRESS

Report. More Americans say personal info stolen

The number of Americans who say they've had important personal information stolen online is on the rise, according to a Pew Research Center report released Monday.

According to the survey, 18 per cent of online adults have had personal information stolen such as their social security number or credit card information. THE ASSOCIATED PRESS

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HAIR-RAISING TALES FROM DOWN UNDER

SHE SAYS

Jessica Napier
metronews.ca

Practically all women are born with hair on their body — some much more than others, thanks to various biological factors — and yet we spend an untold amount of time and money attempting to rid ourselves of it.

Veet, a purveyor of numerous at-home hair-removal products, recently found itself in a sticky situation (pun very much intended) after launching a new advertising campaign that suggests women are allowing their naturally occurring body hair to turn them into dudes. The commercials, which have since been pulled from the beauty brand's Facebook page, feature a series of women who transform into grizzly looking men after forgetting to attend to their armpit and leg hair after a mere 24 hours.

The videos are intended to be funny but they come across as sexist and ignorant. According to Veet, the only way to "feel womanly around the clock" is to go on the offensive against your own body and never ever allow a person of the opposite sex to see you *au naturel*. Women are expected to eradicate every single strand of hair that isn't deemed acceptable on an idealized "feminine" figure.

Personally, I've never been interested in any sort of hair-removal process that involves an unnecessary amount of pain, especially when it comes to my bikini line. The idea of undressing in front of a complete stranger and asking her to yank strips of paper covered in hot wax from my nether regions has never appealed to me. The idea that I should be paying to have this agonizing service performed on me every four to six weeks — laughable.

But, after years of peer pressure, my meddling friends finally managed to convince me that I was missing out on some sort of rite of passage and should just give it a try. This is why I recently found myself popping two extra-strength painkillers and lying down for my first Brazilian waxing experience, because if I was going to do this, I thought I should go all the way.

About 10 seconds into the excruciating process, I wimped out and requested something a little less extensive. I felt my dignity being stripped away from me quite literally as I winced and yelped my way through the 15-minute appointment.

"It will feel better next time," the aesthetician promised me. With tears streaming down my face, I couldn't find the words to tell her that I didn't think there would be a next time. I paid the requisite $40 for the pleasure cruise and raced home to curl up in bed with a glass of wine and an ice pack on my crotch.

Needless to say, that was probably my first and last bikini wax. I can't imagine I'll start investing hundreds of dollars a year to achieve an unnatural Barbie-doll look.

Personal grooming is ultimately about individual choice; you can pluck, wax, trim and laser off as much or as little as you want, wherever you want.

And no woman should be shamed for the decisions she makes about what happens — or doesn't happen — when it comes to her hair down there, or anywhere else on her body.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Picnic instead of picket

OLI SCARFF/GETTY IMAGES

Women eat on Tube to protest website

Women eat on a Circle Line Underground train in protest of the Women Who Eat on Tubes website on Monday in London, England. The Women Who Eat on Tubes blog invites members of the public to upload images of women eating on the London Underground and has received thousands of followers plus numerous accusations of misogyny. **METRO**

Organizer says

"People say it's not about gender. If it was just people eating on the Tube, you could bring in the question of privacy, but it's not — it's just women. You can't ignore that."

Organizer Alexis Calvas told The Independent

The event's Facebook page had 500 participants, and organizers encouraged those who couldn't attend to raise awareness with the #ieatonthetube hashtag.

Also seen on transit

- **@dreaminontransit** is an Instagram account that stealthily snaps photos of people napping on Vancouver transit and has attracted over 4,000 followers since January.
- **Awkwardtransit.com** is your odd collection of transit riders, including some holding the pole with unexpected body parts.

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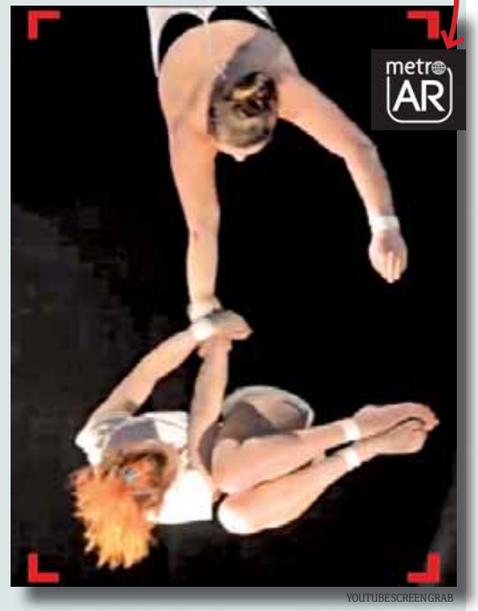
MetroTube

Swedes hanging out in circus class

ANDREW FIFIELD
metronews.ca

So how about starting your morning off with a little light trapeze, courtesy of the absurdly flexible Swedish duo of Robyn and Linn. The pair are currently enrolled at Stockholm's University of Dance and Circus, because apparently being home to one of the world's most vibrant music scenes doesn't provide enough options for entertainment in that city. They also need to open their doors to the country's finest physical performers, as well.



YOUTUBE SCREENGRAB

metro

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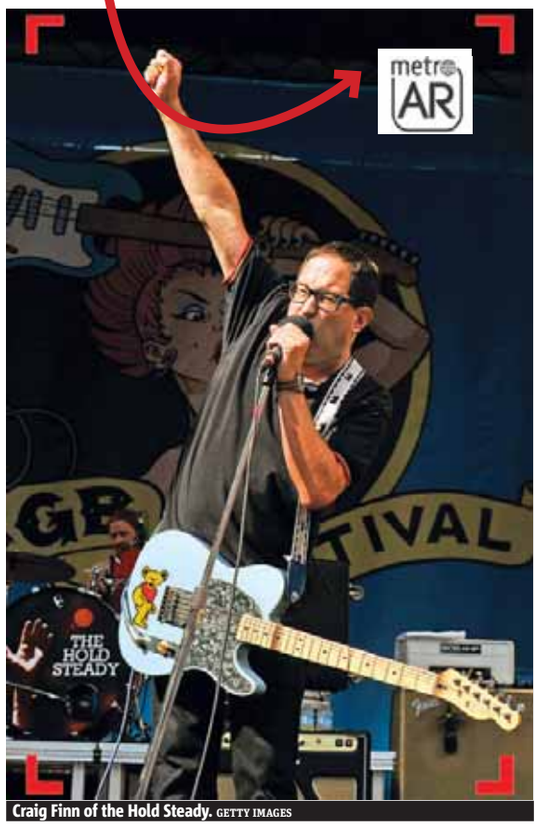
See that symbol? It means you can scan the photo below with your Metro News app to hear a new song by the Hold Steady

SCENE 2

On new album, the Hold Steady grows up

Teeth Dreams. Band shows that rock 'n' roll doesn't have to be 'about a teenager and a convertible'

NOLAN GAWRON
Metro World News in New York



Craig Finn of the Hold Steady. GETTY IMAGES

Throughout their 10-year career, the Hold Steady have strategically amassed a catalogue of songs often centred on a recurring group of characters. Craig Finn introduced listeners to tragic heroes and fallen friends caught up in the partying lifestyle, formed from the amalgamation of acquaintances and fictional figures.

His spoken delivery embraced witty double entendres, juxtaposing modern jargon with scholarly diction as he portrayed the ups and downs of the down-and-outs.

And somehow, he always seemed to stay positive.

With Teeth Dreams, the band's sixth studio album and the first on their own Washington Square label, hitting stores late last month, Finn's songs seem to have naturally evolved from the post-adolescent party to the inevitable adult hangover.

These are cautionary tales and proof that yesterday's kicks become tomorrow's bruises.

"It's definitely the darkest Hold Steady record," says Finn.

"While the others had been especially hopeful and maybe positive and optimistic, this one may hold back on that optimism a bit. Writing this record, I wasn't in a particularly bad place or anything, I was just fascinated with anxiety and the idea of mental health and the way we treat it nowadays and the way we deal with our neuroses."

With such a repertoire of decadent characters, Finn says that his narrative had to change and that those wandering from the straight-and-narrow will inevitably fall.

"We started the band 10 years ago, and for the past 10 years I've known a lot of people close to me that have struggled with substance abuse and mental health issues," he says.

"I'm 42. When you're 32 you might still be going along and having a good time, but at some point it starts to drag you down. … [Now] I'm trying to write characters that are a little older.

"I think that's a challenge, and it always has been. Rock 'n' roll is often about a teenager and a convertible. … It's 50 and 60 years old now, so it doesn't have to be. Great artists like Bruce Springsteen and Neil Young have written great songs about adults."

If their message seems heavy, their instrumentation is even heavier — any somber sentiment quickly finds solace by leaning against the towering guitar solos that were hinted at before, but are now realized in skyscraping realities. The guitars have finally soared to reach Thin Lizzy heights, while Finn's lyrics are still born to run.

Quoted

"I'm trying to write characters that are a little older."

Craig Finn of the Hold Steady, on his songwriting process for the band's new album

Review

Philomena

Director. Stephen Frears

Stars. Judi Dench, Steve Coogan

Philomena transcends the usual odd-couple hijinks we'd expect from the pairing of Dame Judi Dench and the comic Steve Coogan.

Director Stephen Frears tells a story from true life: Dench's Philomena Lee is a devout Irish Catholic whose teen pregnancy in the 1950s got her banished to the Magdalene laundries, where Catholic nuns enslaved "fallen women" while cashing in on secret foreign adoptions for the children. Philomena lost her three-year-old son Anthony in this way, leaving her with only a single furtive photo of him. Determined to find him 50 years later, she enlists the aid of cynical BBC correspondent Martin Sixsmith (Coogan). The standard friction ensues. Yet they find common cause in their dogged search for Anthony, as the trail leads from Ireland to Washington, D.C. Philomena becomes something of a comic thriller. Dench is reliably great, a recent best actress nominee for her work. But it's Coogan who really impresses, playing a screen journalist who for once feels true to life.

PETER HOWELL

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hats off to the fashion forward folk at the MTV Movie Awards

PAT HEALY
Metro World News

Pharrell Williams, what have you wrought?

Men, women and cats all donned hats at Sunday night's MTV Movie Awards — with mixed results.

Johnny Depp is no stranger to the fedora and usually the star can pull off any look, but his entire ensemble on Sunday night made him look like a Steampunk gangster from New Jersey.

Johnny Depp's ensemble made him look like a Steampunk gangster from New Jersey. ALL PHOTOS: GETTY IMAGES

I'm not sure what Hana Mae Lee looked like with her cigarette cap, other than a woman who looks like she wants attention to be paid to her (it worked!).

Oscar-winner Jared Leto wore an oversized straw cap while Kesha looked like a "Flowers in the Attic" reject in a goth felt cap.

Finally, no hat recap would be complete without this shot of Grumpy Cat wearing the Pharrell Williams' trademark Vivienne Westwood "Mountain" hat.

Grumpy Cat took the hat trend to heart at the MTV Movie Awards.

British people, take note: THIS is how you wear a hat.

Does the green-eyed monster haunt Pitt-Jolie?

Angelina Jolie and Brad Pitt.

It turns out there's more to that Star magazine report about life inside Brad Pitt and Angelina Jolie's home. Aside from Jolie's alleged control freak ways and their kids' wild behaviour, there's apparently still the spectre of Jennifer Aniston hanging over their relationship. Sources say the "supervindictive" Jolie "hates Jennifer Aniston still and is very competitive with her," both personally and professionally. And it probably doesn't help that the A-list pair reportedly worry about each other's fidelity. "Both of them are insecure about the relationship," the source explains. "She worries that he cheats, and he thinks she'll cheat because she's 12 years younger than he is." But despite these supposed issues, the source admits Jolie and Pitt remain "insanely devoted" to each other. "She fell for him the minute they met, and he loves the way she is into him," the source says. "They go at it like rabbits. They are very kinky and will spontaneously hook up any chance they get."

Selena Gomez ready to close the book on Bieber

Sources close to Selena Gomez say her on-again, off-again relationship with Justin Bieber may finally be off for good, as she is reportedly fed up with the Canadian bad-boy, according to Radar Online.

"She's grown tired of Justin's attention-grabbing antics," a source says. "Justin is a little bit of a crazy guy who could do something weird like proposing marriage just to keep her by his side, but that's Selena's exact problem with him ... That's why she's spent a couple of months trying to re-establish herself — and distance herself from Justin." So how much time does Bieber have to shape up? "A permanent breakup between the two could even be confirmed as early as mid-July," the source says.

"Justin can be clingy and delusional, and Selena just wants something more normal and chill."

Selena Gomez

Idol on its way out?

This may be the final days for reality TV mainstay American Idol, if the behind-the-scenes scrambling of its employees is any indication, according to Radar Online. "The crew and staff on 'Idol' are not new to the industry and have been around the block before. They know a sinking ship when they see one," a source says. "Anyone smart working on the show has already put out feelers for a new gig. The show is on its way out, and they don't want to be dragged down with it."

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See that symbol? It means you can scan the photo below with your Metro News app. Going the Distance: a step-by-step guide to the marathon

LIFE 3

Hit the road: Your body will really thank you for it

You think you're being smart by going to the gym — you're not. The treadmill won't make you a better runner, and here's why

ROMINA McGUINNESS
romina.mcguinness@metro.lu

So, you're happier at the gym. We get it — you're petrified of tripping and smashing your knees (ribs, shoulders, face, etc.) against the concrete pavement. But although being inside means not having to deal with gale-force winds, car fumes or crazy cyclists, it's not any safer.

Want to be fast and strong? Go outside

Roadside running gets a bad rap for a lot of unfair reasons, but the hardness doesn't mean it's hurting you, says fitness expert Scott Francis.

"Outside, you're able to deviate your left to right stride — your body moves freely," he tells us.

London-based running coach and Saucony spokesperson Nick Anderson agrees.

"Even if you're on what you perceive is a pretty flat pavement, your foot is having to adjust its angle every time it hits the ground, which is always slightly uneven. The muscles have to work hard in order to stabilize the foot as it goes through its landing and taking off phase, meaning you need to generate more force than if you were on a treadmill."

So many people think that they're doing their body a favour by choosing to run at the gym … but the truth is, they're not.

"You're going really quite fast — a lot quicker than you would be on the road, but it's got nothing to do with speed. The surface you're on is completely flat and that's not running but jumping up and down on the spot.

"When you're on a treadmill, you're in this weird limbo — consciously staying in lane, subconsciously bouncing out of it. You're throwing your hips and knees dangerously off-balance and potentially doing a lot of damage to your joints," warns Francis.

There is no 'proper' way to run

There's this common misconception that the longer your stride, the faster you'll run. Wrong!

Putting the foot so far out in front can cause a lot of strain on the body.

"Run tall, with a slight forward lean, short stride and let your foot land underneath you rather than ahead of you. This way, less force will travel up through the body and you'll be lighter on your feet," say Anderson.

Not quite sure what he means by this?

On a treadmill you can throw your knees and hips off-balance. THINKSTOCK

Francis has a trick to visualize how to run this way.

"Think 'heel toe, heel toe'. put your palm and wrist on the table and lay your hand out flat. Keeping your hand still, come up on your fingertips and drag your fingers back towards your body — that's (more or less) the correct way to run," he explains.

Match your shoe to you

The shoe is the last part of the equation. If everyone had their running gait and stride analyzed, the dangers of running outdoors would be far lower. "You're dealing with anything from three to seven times your weight going through your body at the point of impact. Not only does the shoe needs to fit, it needs to match your running style," says Anderson.

"People tend to buy their trainers one size too small because everyday footwear is usually worn quite tight. But the foot expands as you run, so you need there to be half a thumb's width of space at the front (from your big toe to the end of the shoe).

"Ideally everyone should have their arch analyzed (most shops do this for free]) in order to figure out how their foot strikes the ground — on the forefoot, midfoot, heel or extreme heel," adds Francis.

The best is to try on several pairs and look at different brands, making sure the shoe is built with cushioning and support and that the sole grips the floor well. Once you've done all of that you're ready to go — outside, of course.

Quote

"Running is one of the most natural motions for our body — as instinctive as walking or sleeping — and yet we get it so wrong."

Scott Francis, performance strategist and life coach

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For your phone

Spitfire Athlete (iPhone/free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

A strength training program is a great idea, but this one merely plans your exercises while borrowing videos found on YouTube to offer the needed instructions. Too bad.

App

It's a snoring good time

Hear that see-sawing at night? Wondering what your loved one's snore really means?

Generation X author Douglas Coupland has created an app that allows you to record a snore, have it analyzed, and even rates it for you.

Snorrt! was inspired by Coupland's own sensitivities to noises and issues with hearing. He created the app and also wrote all the descriptive ratings. The app is available on iTunes and for Apple devices.

METRO

You tried blasting fat, now freeze it

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

A shortcut to fat loss?

In the latest issue of Best Health, Canada's healthy lifestyle magazine for women, staffer Melissa Greer checked out what could be the next big thing in getting rid of fat.

Of course, the healthy way is to eat well and exercise regularly, but many people are trying a shortcut called fat freezing. Is it safe, and does it work?

Slimming down by freezing your fat cells is actually feasible. Fat-freezing cryolipolysis has been done in the U.K. for a few years, but is relatively unknown here, even though the CoolSculpting machine — the first device to use cryolipolysis technology — was approved in Canada in 2009 and in the U.S. in 2010.

The non-surgical treatment aims to remove fat cells from problem areas (e.g., tummy and hips). The fat cells freeze and die, and are eliminated by your body's lymphatic system over a few months, says Jeff Nourse, CEO of New You spas in Ontario, which offers Cool-Sculpting.

"On average, a person loses an inch per treatment, and should see full results in two months," says Nourse. "Most clients we see are active and not overweight; they want to target a problem area they can't seem to lose weight from."

Here's how it works: A clamp-like suction device is applied to the treatment area. It will feel cold but not uncomfortable, and stays in place for an hour. Since fat cells freeze at a higher temperature, there's no damage to other cells, says Nourse. The procedure is more affordable and, obviously, less invasive than liposuction, but CoolSculpting is not cheap.

For example, the cost of treatment per section is $600-$700 at New You. And it is effective only if you maintain your weight. If you gain weight, you'll be replacing old fat cells with new ones. While a recent study published in the Aesthetic Surgery Journal found cryolipolysis to be safe and effective for fat removal, it is still a new treatment and there's no long-term research yet.

Fat-freezing cryolipolysis technique was approved in Canada in 2009. ISTOCK

For a wealth of information to help you live better and feel great, from fitness to ideas to help you sleep better, pick up the May issue of Best Health magazine.

BEST HEALTH IS ON NEWSSTANDS, OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.

Say 'ahhh' for a health check

LINDA CLARKE
Metro World News in New York

If a friend tells you that you have bad breath, don't take offence. That friend could be saving your life, or at least helping improve your health.

"Those little bugs that cause bad breath can be so harmful to the rest of your body," says Dr. Sezelle Gereau-Haddon, an otolaryngologist (ear, nose and throat doctor) and integrative medicine specialist at New York's Mount Sinai Beth Israel hospital. "The mouth is the gateway to your body. Bad breath can be a warning to take action to stay well."

Good oral health and whole body health have become a focus for the medical community at large. Because arterial plaque matches microorganisms in tooth plaque, dental health is known to affect heart health. A number of illnesses, including osteoporosis, oral cancer, arthritis and allergies are also linked.

"I often see an association in patients, particularly in allergy and autoimmune disease," says Gereau-Haddon. "It makes sense. The body calls out its soldiers to fight invaders, but the body doesn't understand that the attack is in the mouth and so it turns on itself elsewhere."

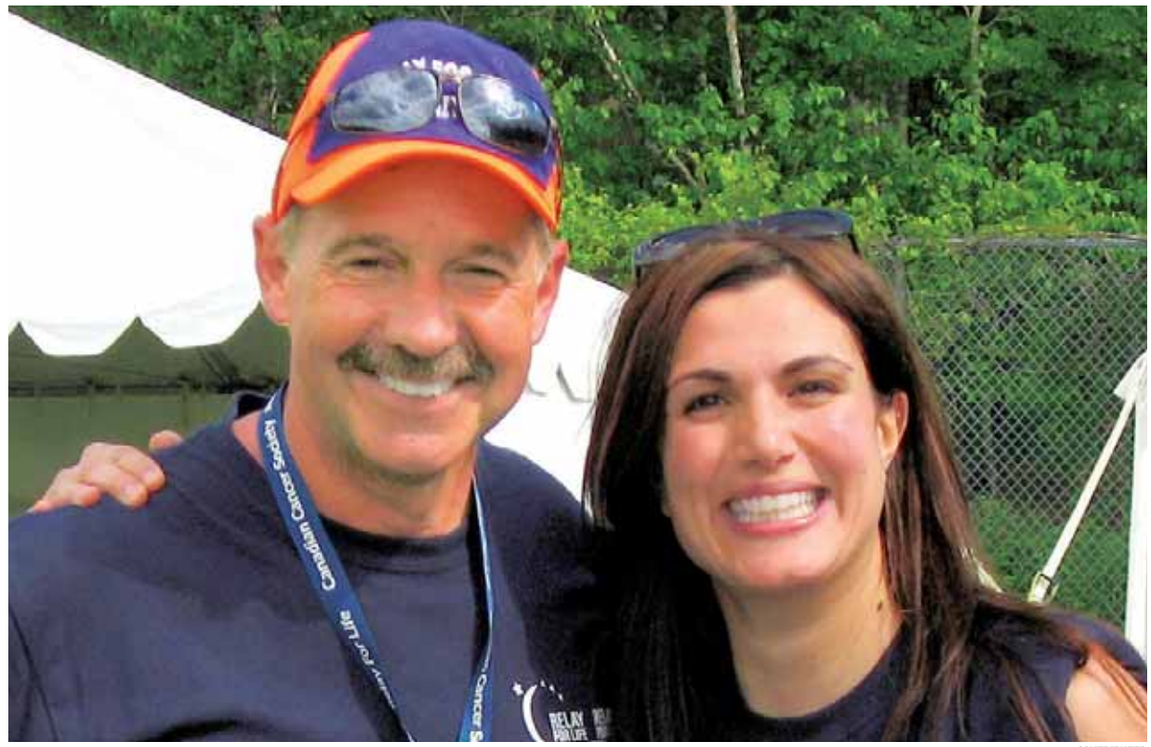
For health, controlling periodontal disease via daily brushing (two minutes each time, twice a day!) and flossing is an important part of basic care. And you can take it one step further. "I advise (oral) probiotics to swish in the mouth to fight bacteria," Gereau-Haddon says. "Then swallow, so the gut gets the good bacteria."

For diabetics

A dangerous side effect of diabetes is vascular restriction throughout the body, including poor blood flow to the gums, starving the area and encouraging bad bacterial overgrowth. A domino effect comes into play: "It snowballs," says Gereau-Haddon, "because that bacteria can then affect other organs and general health. Diabetics have to be vigilant about oral health."

SECRET OF LIFE IS GIVING, NOT GETTING

PETE THOMPSON IS A DEDICATED RELAY FOR LIFE VOLUNTEER



CONTRIBUTED

A senior executive officer with the Royal Canadian Mounted Police (RCMP) for 28 years, Pete Thompson was diagnosed with colon cancer in December 2000. While at the hospital for treatment in January 2001, Thompson met a Canadian Cancer Society clinic supervisor he credits with saving his life.

"My physical symptoms were being treated, but I wasn't prepared for the emotional portion of my cancer journey," Thompson says. "I fell into a depression, but the clinic supervisor encouraged me to carry on and move forward. As a result, I became a volunteer for the Canadian Cancer Society so that I could give back all the wonderful support I received."

Thompson participated in his first Relay For Life event in 2003 when he completed the Survivors' Victory Lap, where cancer survivors walk the first lap of the relay track. He got so hooked on the event, he decided to begin volunteering at Relay For Life the next year.

The Canadian Cancer Society's Relay For Life is more than a fundraiser — it's an inspirational, non-competitive, 12-hour overnight fundraising event that brings people and their community together to celebrate life and fight cancer. Relay For Life has a festival-like atmosphere that family, friends and co-workers can enjoy, regardless of age or fitness level.

Over the years, Thompson has become a huge fixture of the Ottawa Relay For Life event. He has been a member of the team recruitment committee, the treasury committee and the registration committee, and also held the position of event chair for two terms. His own team, named The Rear 'End'rs, is made up of individuals from his colon cancer survivor group, who have raised more than $100,000.

"As a leadership volunteer, I have become familiar with most of the participant's faces over the years and am able to associate them to their relay team name," Thompson says. "My favourite part of Relay For Life is setting up the event, as it is magical to see the transformation of a simple field into an inspirational, emotional and celebratory fundraising event for the Canadian Cancer Society."

Thompson is now retired from the RCMP and is an instructor at Algonquin College's Police and Public Safety Institute in Ottawa. He continues to volunteer with the society as chair of the relay advisory team (Ontario division) and is member of the society's national relay training team.

"Participating in events like Relay For Life is what volunteering for the Canadian Cancer Society is all about, as the true secret of life is giving, not getting."

Funds raised from Relay For Life events help fund lifesaving research and support programs and services for those living with cancer. Locally, in the last five years, the society has invested $4 million in leading-edge research, provided 6,000 patient trips to and from cancer treatment, supported 136 patients/families with peer support services and received 1,180 calls to the Cancer Information Line.

Relay For Life is an extraordinary celebration of life that brings communities together to honour loved ones who have been touched by cancer and fight back against the disease.

For more information on registering a team, signing up as a survivor, or buying a luminary in memory of a loved one, visit relayforlife.ca/ottawa.

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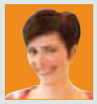


NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Everyone knows that all fresh apples are harvested and only at their peak in the fall, right? Wrong!

It is true that most apples you find on the shelves at this time of year are long past their prime. They were picked in the fall and intended to be enjoyed by Christmas or made into pie.

There is one exception: Red Prince.

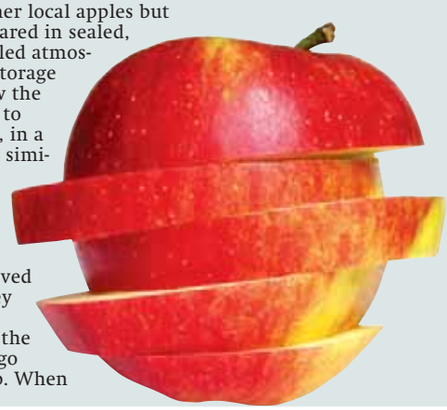
Grower Marium Botden says, "Red Princes are harvested in the fall like other local apples but are cellared in sealed, controlled atmosphere storage to allow the flavour to mature, in a process similar to wine. Most of the oxygen is removed and they add in CO2 so the apples go to sleep. When they come out of storage months later, the natural sugar or 'brix' stays high, but the natural acid goes down.

"This results in a crispy, juicy bite and a robust, tangy-sweet flavour."

This means that they are crisp, ripe and ready when other apples are as sick of a long cold winter hibernation as the rest of us.

These apples work well eaten out of hand, in fresh salads and can also be cooked or baked. Like all apples, they're high in antioxidants as indicated by deep red colour of the skin.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves six. COURTESY THERESA ALBERT

This quick and easy-to-prepare weeknight meal is sweet and comforting.

It only requires a few minutes of stovetop work and then the oven baking does the rest. All you really need is a salad and a nice bottle of white wine. Oh, go ahead, light a candle, too.

Ingredients

- 8-12 chicken drumsticks
- 1 tbsp (15 ml) grapeseed oil
- 1 large garlic clove, minced
- 1 cup (250 ml) sweet onion diced
- 1 lb (500 ml) fresh white button mushrooms
- 4 Medium Red Prince Apples, chopped in 1/2 inch chunks (approx. 4 cups/1000 ml)
- 1 cup (250 ml) dry white wine
- 1 tbsp (15 ml) chopped fresh thyme
- 1 cup (250 ml) chicken stock

1. Preheat oven to 400°F.

2. In a sauté pan, sear chicken pieces in oil until golden brown. Place chicken pieces in a roasting pan.

3. In the sauté pan, heat oil and sauté garlic, onions, mushrooms and apple chunks till softened and slightly browned. Deglaze pan with white wine and boil 2-5 minutes to reduce. Add, thyme and chicken stock to sauté pan and mix well. Pour ingredients over chicken in roasting pan and place in oven uncovered for 20-25 minutes or until chicken skin is golden and crispy, basting once half way through with pan juices. RECIPE COURTESY COURTESY REDPRINCEAPPLE.CA/ THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Kale Salad with Apples, Apricots and Manchego Cheese

Once you start eating kale, it will become the "new normal" base for your salads. It has a more robust flavour and texture than lettuce, and is good for you, too.

1. Dressing: In a bowl whisk the vinegar, lemon juice, mayonnaise, sugar and salt.

2. Add the kale and toss to coat well, then set aside for 10 minutes. After 10 minutes, toss again to coat well.

3. Sprinkle apricots, pumpkin seeds and cheese over dressed kale. Toss again to distribute. Season with pepper and additional salt, if needed. Fan thin slices of apple over the top of salad and serve.

THE ASSOCIATED PRESS/ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.

Ingredients

For the dressing

- 2 tbsp cider vinegar
- 2 tbsp lemon juice
- 1/2 cup mayonnaise
- 2 tbsp sugar
- 1/2 tsp kosher salt

For the salad

- 1 large bunch (about 1 lb) Tuscan kale, stems torn or cut out, leaves torn into small pieces
- 1/3 cup dried apricots, julienned
- 1/3 cup pumpkin seeds
- 2 oz manchego cheese, grated
- 1 Pink Lady apple, cored and cut into thin half moons
- Ground black pepper

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Shanahan expected to force culture shock

Leafs. New president to conduct thorough assessment before delivering exit papers

Newly hired Maple Leafs president Brendan Shanahan smiles during a press conference in Toronto on Monday. Scan the above image with the Metro News app to see a photo gallery of Shanahan's hockey career dating back to 1989. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Brendan Shanahan was brought in to change the culture of the Toronto Maple Leafs. How the new team president plans to do that remains a mystery.

In introducing Shanahan on Monday, Maple Leaf Sports and Entertainment president Tim Leiweke made it clear that he wasn't happy with the "character" and "culture" of the team.

"I'm not sure the Leafs have (the right culture)," Leiweke said. "I definitely sense that we lack an identity, and right now we're a team that lacks a direction and we want to change that."

It's up to Shanahan and general manager Dave Nonis to do it, but no clear direction for the organization was spelled out on Shanahan's "first day at work." The 45-year-old Hall of Famer has a plan, and though he and Leiweke didn't get into specifics, plenty of changes are expected.

"I have some ideas in my head about direction, but I think that at the same time ... those are subject to change," Shanahan said. "I think that it's very important for people, especially in sports, to have the ability to evolve and to make changes."

Change could come in the form of firing coach Randy Carlyle, whose vision for winning hockey didn't seem to fit with the Toronto roster. And it could come in the form of many different players being on the ice opening night this fall than were around for Monday's locker clean-out.

But Shanahan and Nonis insist the immediate job is to step back and make an assessment of where the organization is as a whole. Even though each man called Carlyle a "good coach," it's difficult to point to things like identity, culture and character without at least considering the next step.

"You all saw the team this year, I think we didn't have the identity," Leiweke said. "I think Randy tried to create the identity. To the guys' credit last year, they bought into that, and they took on Randy's identity, I don't think that happened this year."

Shanahan, who grew up in the Toronto neighbourhood of Mimico and previously worked for the NHL as the director of player safety, is expected to shape this team's identity. It's just not clear how he intends to do that.

"Dave and I are going to ... talk about how we see the best way to play for our team going forward," Shanahan said. THE CANADIAN PRESS

Handing over the reins

"This is Brendan's team, it's his culture, and at the end of the day he makes all the decisions, and we're going to support that 100 per cent." MLSE president Tim Leiweke

CFL

Ticat OL chooses retirement over Redblacks

After 10 seasons with the Hamilton Tiger-Cats, offensive lineman Marwan Hage announced his retirement Monday rather than accept a spot with the expansion Ottawa Redblacks.

The former CFL all-star dressed for 141 regular-season games and six playoff games over his career.

"I am incredibly thankful to have the chance to play 10 years in the Canadian Football League," Hage said in a release.

The 32-year-old centre was left unprotected in the Ottawa expansion draft. THE CANADIAN PRESS

MLB

Jays infielder Izturis could miss rest of season

Toronto Blue Jays infielder Maicer Izturis will need to undergo surgery to repair a torn knee ligament and could miss the rest of the season.

Maicer Izturis GETTY IMAGES FILE

An MRI exam revealed a complete tear of the his lateral collateral ligament (LCL), the Blue Jays said Monday in a release.

Izturis will seek a second opinion prior to scheduling surgery. The typical recovery time for an LCL repair is four to six months.

Izturis, 33, is batting .286 in 11 games this season. THE CANADIAN PRESS

Preds end Trotz's marathon stint in Nashville

Barry Trotz, the NHL's longest-tenured head coach with one team and the only coach the Predators have ever known, will not be back for a 16th season with Nashville.

The Predators announced Monday they have told Trotz his contract will not be renewed and that they are starting a search for a new coach immediately. Trotz is being offered a job in the team's hockey operations department, though the two-time Jack Adams finalist could be a top coaching target for other teams.

By the numbers

1,196

Trotz's 1,196 games with Nashville puts him second only to Gregg Popovich of the NBA's San Antonio Spurs for longest active coaching tenure in the four major sports.

Missing the playoffs two straight seasons — the first time since 2001-02 and 2002-03 — was too much for a franchise that needs to reach the postseason to sell tickets and generate crucial revenue. Trotz's contract expires June 30.

"Our organization has high expectations and we have not met them in the past two seasons," general manager David Poile said in a statement.

"As a result, it is my decision and determination that we need a new voice and a new direction.... Our goal is to return to the playoffs with the ultimate goal of contending for the Stanley Cup. We know that once we get into the playoffs, anything is possible." THE ASSOCIATED PRESS

Predators head coach Barry Trotz talks with his players during a timeout in a game against the Blackhawks on Saturday. The team announced Monday that Trotz's contract will not be extended. MARK HUMPHREY/THE ASSOCIATED PRESS

Phelps makes a splash by diving back into the pool

Coming out of retirement. Baltimore Bullet has been training and will compete next week

Michael Phelps is coming out of retirement, lured back into the pool by the fun of it and the possibility of swimming at a fifth Olympics in Rio in 2016.

The 22-time Olympic medallist will compete for the first time since the 2012 London Games at a meet in Mesa, Ariz., on April 24-26.

Bob Bowman, the swimmer's longtime coach, told The Associated Press on Monday that Phelps is entered in three events — the 50- and 100-metre freestyles and the 100-metre butterfly.

"I think he's just going to test the waters a little bit and see how it goes," Bowman said by phone from Baltimore. "I wouldn't say it's a full-fledged comeback."

Phelps returned to training last fall and re-entered the U.S. drug-testing program. He has completed his six-month waiting period by the U.S. Anti-Doping Agency to be eligible for competition.

Bowman said Phelps is "pretty far" from being back in top form. He's been training Monday through Friday with Bowman's team at the North Baltimore Aquatic Club in his hometown.

"He's gotten back into good shape since September," the coach said. "He can give a good effort and certainly not be embarrassed. He's in enough shape to swim competitively."

THE ASSOCIATED PRESS

The resumé

Michael Phelps turns 29 in June and is the winningest and most decorated athlete in Olympic history.

- He captured 18 gold medals and 22 medals overall at the last three Summer Games.
- He broke Mark Spitz's record for a single Olympics by winning eight gold medals at Beijing in 2008.

Michael Phelps is coming out of retirement, the first step toward possibly swimming at the 2016 Rio Olympics. He will compete at a meet in Mesa, Ariz., on April 24-26. THE ASSOCIATED PRESS FILE

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Horoscopes

♈ Aries
March 21 - April 20
There seems to be a barrier of some kind between you and other people, no doubt caused by today's lunar eclipse in your opposite sign. Don't worry. The cosmic tide will turn.

♉ Taurus
April 21 - May 21
Are you working more for other people than you are for yourself? If so, it's time to get a grip on the situation. Let those who are taking advantage of you know that this is as far as it goes – and mean it.

♊ Gemini
May 22 - June 21
The planets warn you must not pretend that certain things are true when they clearly are not – it could be a costly mistake. If you must take a risk at least wait until the effects of the current eclipse wane.

♋ Cancer
June 22 - July 23
Spell out in plain and simple language what it is you expect of other people. Both at home and at work misunderstandings are likely today, so make sure everyone knows what they should be doing.

♌ Leo
July 24 - Aug. 23
By all means listen to what friends and family members have to tell you but don't think for a moment it's all true. Act as if you have not yet heard the whole story.

♍ Virgo
Aug. 24 - Sept. 23
Be extra careful when dealing with money matters and business issues. Anything that sounds too good to be true most likely is, so check everything, even from trusted sources.

♎ Libra
Sept. 24 - Oct. 23
Today's lunar eclipse in your sign is sure to confuse things, so promise yourself no matter what happens you won't get upset about it. In a matter of days it will all be forgotten.

♏ Scorpio
Oct. 24 - Nov. 22
Whatever happens today, be it good, bad or indifferent, you must treat it as if it is of no real importance. If you allow feelings to guide you then your fears will most likely take over.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't think too hard about something that appears wholly illogical. A number of strange, even bizarre, things are likely to happen but none of them can do you harm.

♑ Capricorn
Dec. 22 - Jan. 20
This is the sort of day when it is probably best to keep your plans to yourself. You don't have to be dishonest but it will pay you to be evasive. Others have no right to know about your aims and ambitions.

♒ Aquarius
Jan. 21 - Feb. 19
Today's eclipse warns you need to take care, especially when socializing and traveling. If you do too much there is a danger you could exhaust yourself – and you'll still have all those chores to finish.

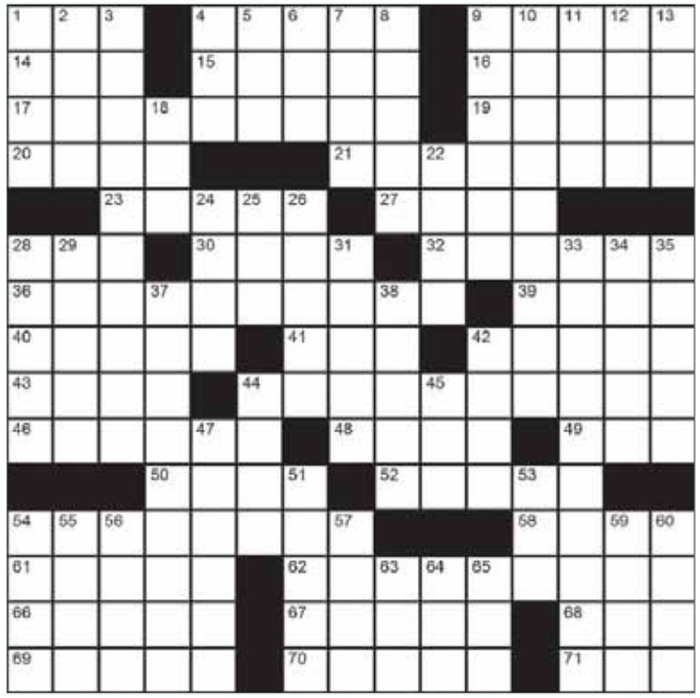
♓ Pisces
Feb. 20 - March 20
You will be tempted to cut corners in some way today – and that could be a big mistake. Any small gains you make will be wiped out by big losses later on.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. Halfway
4. Calendar parts
9. Jostle
14. A little __ _ lot
15. Fess up to
16. Less blushful
17. "Out of My Head" band from Hamilton
19. Excludes
20. Less than twice
21. Directions/info giver on roads, highways, etc.
23. Discharge
27. Scolds
28. On holiday from work
30. Sight from a lookout
32. Recreation room amenity: 2 wds.
36. Body of water in Vancouver: 2 wds.
39. 2002-debuting coin
40. 'Punny' joke reaction
41. Mr. Mineo
42. __ Calrissian, Billy Dee Williams in "The Empire Strikes Back" (1980)
43. Ancient Greek coin
44. Named after the American who founded it in 1909, this British department store is owned by Canadian tycoons The Weston Family
46. Skin-related
48. Per __ (Daily)
49. 'Differ' suffix
50. Norwegian king, variantly
52. Stately
54. "__ Girl" by Neil Young
58. Town that's east of Toronto
61. 'Parliament' suffix
62. Boreal burrower
66. Prefix to 'mony' (Marriage)
67. The blahs
68. W.C.'s co-star
69. Looks
70. Find the sum again
71. Sleuths, e.g.

Down
1. Magic†spell
2. Lady Antebellum's "_ __ to You"
3. Setting of Madonna's "Vogue": 2 wds.
4. Cryer's sound!
5. Tokyo, once
6. Down Under bird
7. Rock band
8. Writer Gertrude
9. Sopper-upper
10. Posh town on Montreal Island
11. Mixture
12. Checks for accuracy
13. In the past, in poetry
18. Powder __
22. Look bewilderedly
24. __-steven
25. As written
26. Short
28. Meg Tilly movie, "Agnes ___ __" (1985)
29. "__ __ it from me to..."
31. English woodland
33. Leap of faith taken by a thrill seeker: 2 wds.
34. Forest of ___ (Setting of Shakespeare's As You Like It)
35. Henhouse
37. B.C. city on Shuswap Lake: 2 wds.
38. Sprite-like
42. Tree's one-of-some
44. Criticize
45. _ _ _ Speedwagon
47. Ms. Morissette
51. Wedding oath taker
53. CNN correspondent, Kyung __
54. Pics-taking devices
55. Latin hymn: "Dies __"
56. Evening, informally
57. Not any
59. Juice berry
60. Vintage models of Jags
63. __ _ break
64. Stinker
65. "El __" (1961)

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8	6					4	
2					3		5	
7			4		6	3		
	2			6		4		9
1		4		2			7	
		5	8		9			2
	1		3					7
	3					5	9	

Yesterday's Sudoku

1	3	6	2	7	9	8	5	4
2	4	9	5	8	1	3	6	7
5	8	7	3	6	4	1	9	2
3	9	5	6	1	2	4	7	6
4	6	8	7	5	3	2	1	9
7	1	2	9	4	6	5	8	3
6	7	4	1	2	8	9	3	5
9	5	1	4	3	7	6	2	8
8	2	3	6	9	5	7	4	1

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7°/-8°
Rain and snow
90%
Wednesday
1°/-2°
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Check the 14 day trend.
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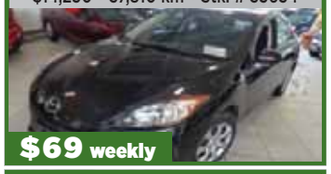
2010 Dodge Charger SXT

3.5L V6 cyl
$12,650
88,479 km • Auto
Stk: # 35189-A

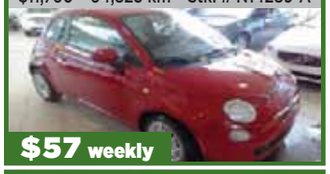
$61 weekly

2013 Mazda 3 GX
$14,250 • 37,810 km • Stk: # 35654



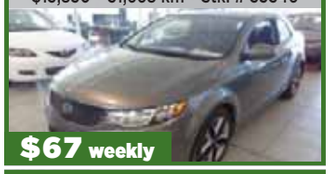
$69 weekly

2012 Fiat 500 Pop
$11,760 • 64,825 km • Stk: # N14289-A



$57 weekly

2011 Kia Forte SX
$13,850 • 31,668 km • Stk: # 35346

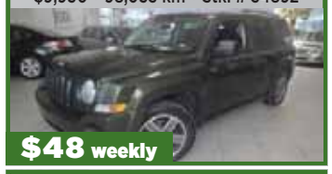


$67 weekly

2012 Mazda 2 GX
$12,970 • 10,266 km • Stk: # 35644

$63 weekly

2009 Jeep Patriot
$9,950 • 98,053 km • Stk: # 34892



$48 weekly

2011 Ford Focus SES
$12,960 • 59,470 km • Stk: # 34927

$63 weekly

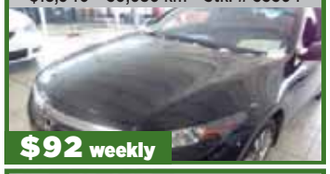
2011 Infiniti G25
$24,620 • 20,384 km • Stk: # 35137

$120 weekly

2013 Hyundai Elantra GLS
$14,930 • 52,207 km • Stk: # 35527

$72 weekly

2012 Honda Accord EX
$18,940 • 59,686 km • Stk: # 35564

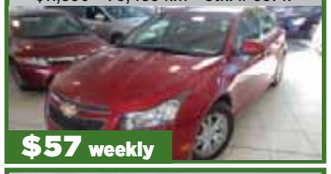


$92 weekly

2010 Hyundai Genesis 2.0T
$14,640 • 95,917 km • Stk: # 35549

$71 weekly

2011 Chevrolet Cruze LT
$11,850 • 79,485 km • Stk: # 35717

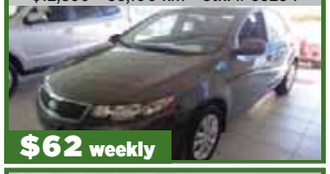


$57 weekly

2011 Hyundai Sonata
$13,720 • 74,881 km • Stk: # 35355

$67 weekly

2012 Kia Forte LX
$12,830 • 53,100 km • Stk: # 35234



$62 weekly

2012 Hyundai Veloster
$18,490 • 32,348 km • Stk: # 35593

$90 weekly

2013 Kia Optima GDI LX
$17,880 • 49,152 km • Stk: # 35537

$87 weekly

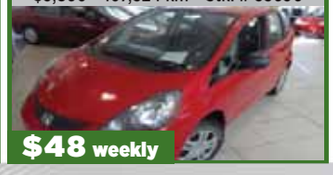
2010 Kia Soul 4u
$11,870 • 69,424 km • Stk: # 35042

$58 weekly

2009 Mazda 6
$10,930 • 92,555 km • Stk: # 35701

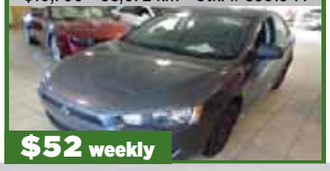
$65 weekly

2010 Honda Fit DX
$9,860 • 107,524 km • Stk: # 35696



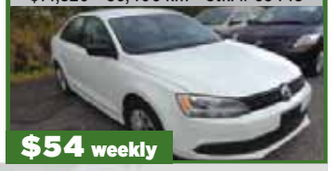
$48 weekly

2011 Mitsubishi Lancer DE
$10,760 • 58,672 km • Stk: # 35319-A



$52 weekly

2013 Volkswagen Jetta
$14,820 • 56,406 km • Stk: # 35448



$54 weekly

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